

7-Layer Salad¹⁵

Number of Servings: 15 (123.75 g per serving)

Amount	Measure	Ingredient
1 1/2	lb	Lettuce, iceberg, fresh, shred
8 1/4	tsp	Onion, yellow, fresh, chpd
14.00	Tbs	Peppers, bell, green, sweet, fresh, chpd
14.00	Tbs	Celery, fresh, diced
14.00	Tbs	Carrots, fresh, grated, USDA
1 3/4	cup	Peas, green, fzn
4 1/2	oz	Cheese, cheddar, fancy, shredded
2/3	cup	Sour Cream, light
2.00	tsp	Sugar
1 1/4	cup	Dressing, Miracle Whip

Nutrients per serving

Nutrition Facts

Serving Size (124g)
Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 270mg 11%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 8%

Sugars 5g

Protein 4g

Vitamin A 35% • Vitamin C 20%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Wash all vegetables and prepare according to recipe. Blend together light sour cream, sugar and miracle whip.

Place 2/3-3/4 shredded lettuce in salad bowls or cups.

Then add 1 Tablespoon each peppers, celery, carrots,

2 Tablespoons peas, and 1 Tablespoon shredded cheese to each salad. Top each salad, using #40 scoop (1 2/3 Tablespoon), with the sour cream, sugar, miracle whip dressing.

Place salads in refrigerator until serving time.

Serve 1 salad/serving

1 serving = 1/2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.